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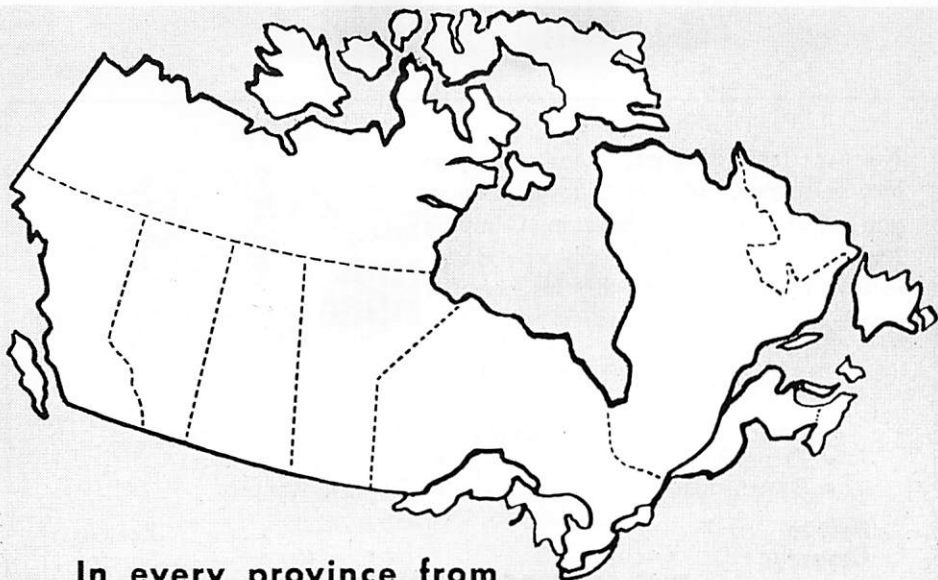
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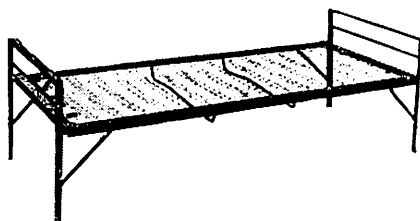


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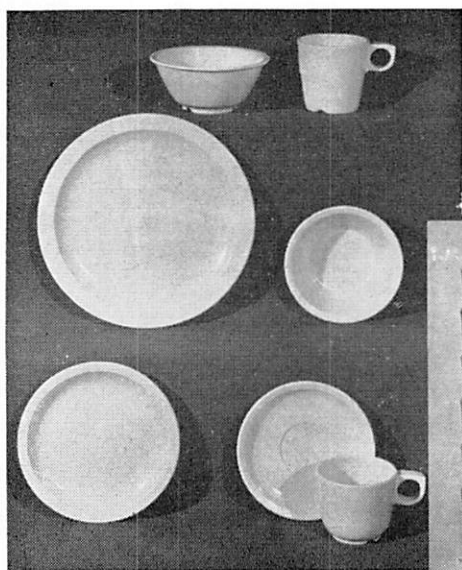
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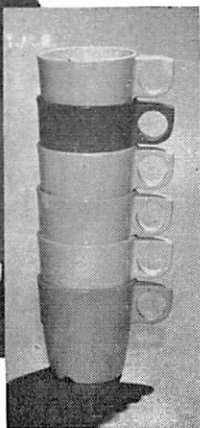
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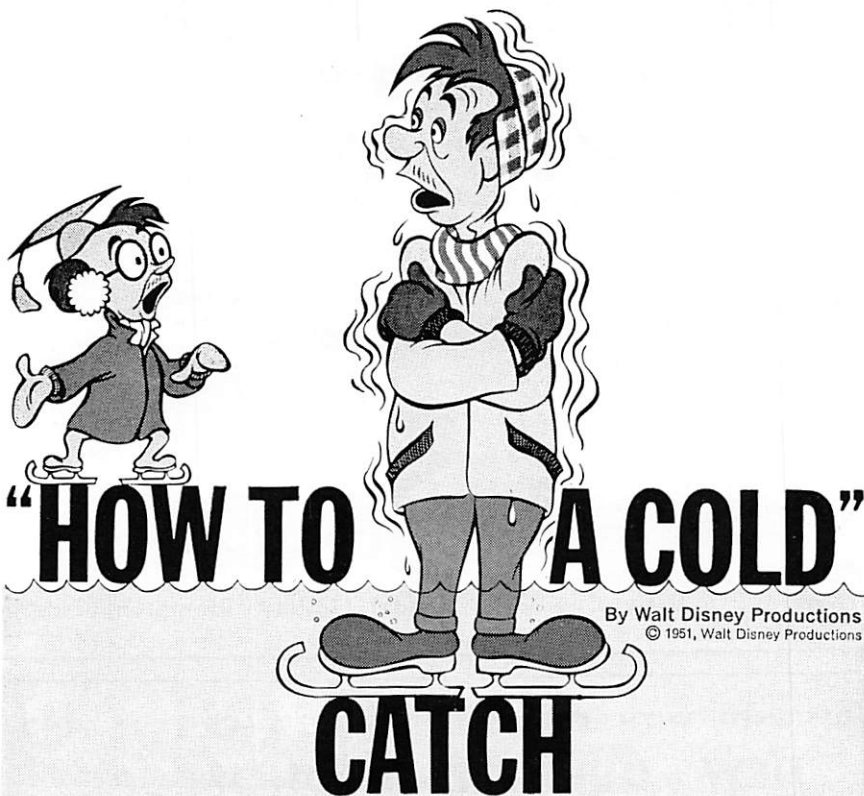
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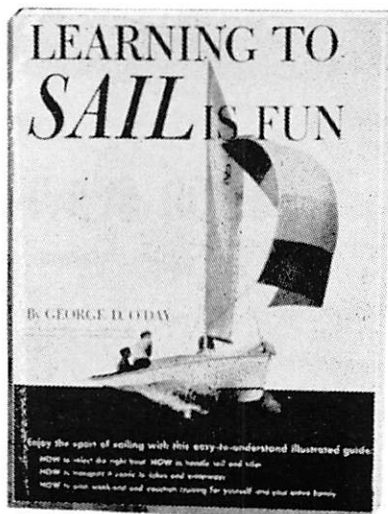
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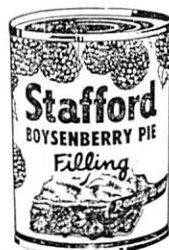
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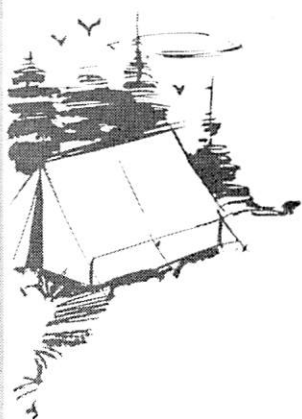
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HANG ON TO YOUR TEEN-AGERS

(A Two-year C.I.T. Programme)

*By Barry G. Lowes,
Camp Timberlane*



No one likes to be 15 or 16. I didn't, you didn't, very few do. It is an in between age. A 15 year old feels older, wants to be treated older, wants to take on responsibility but no one ever seems to want to give them a chance.

We hear a great deal of condemnation levelled at teenagers today. They are probed, dissected, analysed and preached at. We talk too much at them, to them and about them, and do too little with them.

Teenagers don't need advice, they need understanding. They need leaders who will listen to them instead of preach at them. They need leaders who can remember how it felt to be 15 or 16. I was rebellious at that age and I'll bet that you were, too. If you weren't, why weren't you?

How many times have you heard a 15 year old say that he or she "is too old to be a camper". They are bored by the thought of another summer doing the same old things. As camp directors, we don't agree, but if we take an honest look at our 15 year old programmes from their point of view, we would probably want to "stay in the city and get a job" too.

At camp we have found that 15 year olds are anxious and, indeed, are ready for some form of programme beyond being "just a camper". Each

age level has its special needs and interests, but too often the same programme is offered to all age groups with only slight modifications if any. It is no wonder that camp directors are bemoaning the fact that they cannot hold 15 and 16 year olds at camp.

In an effort to satisfy the special needs and interests of this age group we have gradually enlarged our Counsellor-in-Training Programme from one to two years, with distinctive programmes at 15 and 16 years of age.

From our 14 year old campers we invite back one cabin group of 15 year olds (8 or 9 boys). Invitations are extended on the basis of interest expressed, ability demonstrated and potential ability as determined by staff observations, reports and conferences. These 15 year olds pay the full camp fee but are now called Pre-C.I.T.'s. Don't laugh, the title is important. This places them on a level above the other campers. They are not staff, they are not C.I.T.'s, but at least they are not campers, and to them this distinction is all important. They live together as a cabin group with two counsellors who coordinate their programme and counsel them on personal matters.

Each candidate and his or her parents meets with the director during the winter to discuss the two year

programme, what is expected of the camper and what values can accrue from the experience. This interview lays the cornerstone for a fine relationship between camper, director and parent. Too often we forget that few parents were ever campers. They have no camping experience to help them relate to the wonderful things that you are discussing. Some parents have to be sold on the intangible values of leadership experience vs. going to work for the summer. It is also valuable to discuss the serious responsibilities of counselling with the camper in the presence of the parents. Another interview is held the following winter to review and evaluate the camper's past summer and to discuss the C.I.T. Programme for the coming year.

Most 15 year olds, having been at camp for a number of years, have tried most camp activities and developed strong preferences for a few. We call this Pre-C.I.T. year a year of activity specialization. Each camper is helped to select one or two activities in which he or she is particularly interested. We try to encourage them to select activities that have a strong recreational carry-over value into adult life such as swimming, sailing, tennis, riding, arts and crafts, canoeing and tripping.

It is interesting to note that most games such as baseball, basketball, football, hockey and track are seldom pursued beyond graduation from school. Many young people graduate as recreational illiterates. It would be criminal if we in camping with so many opportunities surrounding us let our campers and staff graduate without some recreational skills which they could pursue with satisfaction and enjoyment during their adult years.

We find that two activities are the most that they can specialize in successfully in the time available. The camper

is helped to set goals for himself in these activities. He aims at a level of performance that will challenge and extend him to achieve. This will be at least one level above his last year's performance.

The camper spends two full days a week on each activity, not just one or two periods. He reports to the activity specialists immediately after the morning cabin clean-up period and stays there for the day. For instance, if the activity is sailing, he spends the day working on his own sailing skills both on the water and on the dock. He learns how to care for and make minor repairs to boats. He studies the sailing literature in our cabin library. He goes on all day sailing trips as an assistant to the instructors. All these activities are moving him towards the fulfillment of his self-set goal.

In addition, under the supervision and direction of the sailing specialists, he begins to learn how to teach sailing, how to pass on to others the skills and enthusiasm that he possesses. He is given specific assignments and even lessons to prepare and teach. He teaches and guides a group of two beginners through their first level to the Crew award.

He is watched and supervised by an instructor who meets informally with him from time to time all day long as required and formally at the end of each week to check his progress and plan for the weeks ahead. This is usually a camper's first exposure to supervision which helps him to understand his role and what is happening to him in this programme. It also lends a seriousness and professional tone to the programme. At the end of the season, the specialist writes a full report on the camper, which is discussed with him, and after his own notes are appended, is finally signed by him, indicating that

this is a fair appraisal of his summer in that particular activity.

Teaching others serves deeper and more important purposes, such as taking on responsibility, becoming aware of and concerned about others, giving rather than taking. These are giant steps for a 15 year old to take. We take these things for granted but these are exciting discoveries for a 15 year old. For the first time they are looking at themselves and others in a wholly new way and are helping to solve rather than create problems. We find that in losing themselves in others they often find themselves.

These are four full, exciting and rewarding days each week. The other three days are his to spend as he wishes. He is encouraged to move about camp, with complete freedom (something new for a 15 year old in any setting) to pursue other activities of interest to him. We do find that the cabin group as a whole often programmes together for a hike, a cookout, an overnight, a ball game, etc. The whole gamut of activities and staff of resource people are at their disposal. We do find that this age group usually plans and goes on two good canoe trips each summer.

These 15 year olds also spearhead our big camp programmes rather than our C.I.T.'s who are too busy and who also have enough status and privileges of their own. The 15 year olds hold the key positions of president, vice-president (one boy and one girl) of our campers' council. There is no doubt that they provide the spark and spirit to the rest of the camp. They also have a strong voice in determining, planning and carrying out big programmes such as Carnival Day, Campers' Day and our Olympiad. If there are captains or leaders needed for teams in camp-wide mass games,

they are chosen for these roles. They usually have the major roles in our Senior Show and also prepare and conduct one of our Sabbath services.

This is their summer programme at 15 years of age. It is full, exciting, interesting, challenging, rewarding and satisfying. They are being treated as individuals and as emerging grown-ups. They are being given responsibility. They are camping with a purpose.

From these fifteen year olds, one cabin group of 16 year olds is invited back the following summer as C.I.T.s. This is a totally different, more challenging and demanding summer. No one is invited as a C.I.T. who does not sincerely hope to go on to become a counsellor. The heavy investment of staff time and camp money (they pay a reduced fee) could not be justified for boys and girls who were just passing a summer. Where last summer was one of activity specialization, the C.I.T. year concentrates on learning to work with children.

C.I.T.s are neither fish nor fowl and sometimes it frustrates them. They are not yet staff but they are not campers either. We consider that they are crossing a bridge. At the beginning of the summer they are more like campers, act and think as campers (but wanting staff privileges). As the summer progresses their outlook and conduct changes. They become more like staff members. It is quite a metamorphosis in one brief summer. Many parents see and remark on the big changes they observe in their sons and daughters when they return home. Whether or not they ever become counsellors, it is the type of experience that I would like my sons to have at 16.

We invite our C.I.T.s to come to camp with our staff for Pre-camp Training. This is a thrilling milestone for them and helps them to feel the part of a staff member. It is also valuable for them to observe the amount of thinking, planning and preparation that goes into each summer. During pre-camp the C.I.T.s are assigned to the unit in which they will be working the first week of camp. This helps them to get to know the counsellors and unit head with whom they will be working and also be in on the planning and discussions concerning the campers and the programme for their arrival, reception and the first few important days of the summer.

We also spend time in pre-camp establishing with the staff the role of the C.I.T., his relationship to the counsellor and the campers with whom he will be working. We emphasize the fact that a C.I.T. is not the counsellor's "gopher" (gopher this, gopher that). It is a learning experience. Since nearly all of our present counsellors were once C.I.T.s, it is not too difficult to put across these relative roles now.

A C.I.T.'s eight weeks are packed. He spends one week in each unit of camp: junior, intermediate and senior. The fourth week is taken off for the C.I.T. show which they produce annually. This provides a complete change of pace. The hours that they are not rehearsing are theirs to relax and spend as they please.

The following week is their C.I.T. canoe trip (5th week). This serves two purposes. First fun, comradeship and a break from camp routine. Secondly, it gives us a chance to observe them further under tripping conditions. Each C.I.T. takes charge of the trip for a day. He is the leader. This is an interesting phenomenon to

observe and points up many aspects of C.I.T.'s leadership skills with his own peer group that would not be seen back in camp. When they return from their canoe trip, the last three weeks are again spent in cabin groups, one week in each unit.

When working in a unit, the C.I.T. is assigned by the unit head to a particular cabin. He stays with that cabin group for the whole week and is under the direct supervision of the senior counsellor and the unit head. He goes to the cabin group daily as soon as he has finished his own cleanup so that he can observe this interesting cabin activity.

At first, he observes the group, feeling his way as the week progresses. We do not want him to jump in and upset any group. We are most interested in him learning what to expect of children at a particular age, how they behave, how they react, what they like and don't like to do. He is encouraged to observe, not take over, to file away what he observes, both the good and the bad, realizing that both possess the seeds of experience and knowledge. He is encouraged to question the counsellor's methods but never in front of the group. He eats with the cabin group, two days a week when the other counsellors are on their days off. He helps to put the campers to bed on certain evenings and on one evening puts them to bed, tells a story, etc. but always under staff supervision.

Supervision between counsellor and C.I.T. or unit head and C.I.T. goes on informally, at any time, all week as questions or problems arise. However, at the end of the week the C.I.T. meets formally with the senior counsellor and the unit head. The senior counsellor has written a report on a standard

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Why I Direct A Camp . . .

By C. H. Irwin,
Sherwood Forest Camp

Why do we direct a camp? Sometimes we wonder! First and foremost it was to make a living. I say we advisedly because it has been very much a joint effort.

For a number of years, while travelling over remote areas of northern Ontario and Quebec on forestry projects, I had pondered the idea of using that experience and knowledge in an undertaking of my own. Suddenly, with the depression which struck the lumber and pulp and paper industries a devastating blow, the necessity was thrust upon me.

My wife and I thought that with my outdoor training and knowledge of construction and her experience with church and "Y" camps, we might have the background for this type of activity, and much to pass on to young people.

We soon found that we had a great deal to learn, but by the time opportunities re-opened in the forestry field, we were so deeply involved that there was little to do but carry on, with the help of able and devoted assistants.

Sherwood Forest has always been primarily a summer camp for boys, but for twelve years we operated a Christmas vacation camp for boys and girls and had wonderful times. In 1935 we were asked to accommodate U. of T. forestry students for several weeks of field work each year. This was followed in 1937 by Ontario Government courses for log scalers from all corners of the province, and in 1943 a course for forest rangers was added. Some of

these extra activities continued until 1955. As a result, there is hardly a hamlet in the north country where we have not some connection with outdoor people.

As one would surmise, we have lived most of our time at camp. We have done all the planning and have had a hand in the building of trails, roads, field, wharfs and buildings. Practically all construction has been carried out with material from camp property, so that one has become familiar with almost every tree.

For some time past we could have lived quite comfortably on the return from the capitalized value of our camp site without doing a tap. Why then do we direct a camp? To be sure there are worries, disappointments and problems galore, some most discouraging. However, this has become a way of life and our home—our roots are here. Our camp grounds are our garden, but instead of a short garden path, one may wander for miles on trails or shore—a wonderful panacea for the nerves.

The gathering of young people here in summer gives focus and purpose to all our efforts. Because we enjoy this mode of life, we hope we are helping others to appreciate the world of nature around them far from the confines of concrete, brick and asphalt.

The assembling of boys of varied backgrounds from widely scattered points of this and other countries, to

live and work together, helps to widen their horizons far beyond their former limited spheres. To learn that there are values beside material ones, to learn in practice that one's rights and privileges cease when they interfere with those of others, and to learn that for the safety and happiness of all, there must be respect for properly constituted authority, these are concepts sadly needed in the world today and we think there is no better place than camp to learn them.

We are glad to have a part in the development of the campers' talents, whether in skills, sports or social activities, each step adding to their self confidence and preparing them for further adventure.

We have failed in some instances, but the increasing stream of former campers, staff and forestry men that

flows in during all seasons to visit haunts of earlier days, is most gratifying. It interests us to learn what features linger most vividly in their memories, that those who as campers were most difficult seem most anxious to send their sons, while others who seemed most indifferent to their surroundings and opportunities have retained fond memories. It has been wonderful to watch the achievements of a number who have gone on to make names for themselves in various fields of endeavour. Gratifying indeed are these things, climaxed the other day by a knock on our door and the greeting of our very first camper registered twenty-eight years ago. For him that first summer of adventure, turmoil and construction was the happiest of his life. Now you know "Why we direct a camp".

—●



*Any ideas at YOUR Camp worth passing on?
Tell us about them in a paragraph or two.*

ARE YOU LOSING ARROWS?

In a thousand years archeologists will strike a rich find at our camp site for we lose more arrows each summer than a Huron war party. We tried a wall of baled hay, a hanging tarpaulin, straw targets on stands, but none of them worked. Arrows went everywhere but into the targets.

My young son discovered the solution for me. After camp I found him at the rifle range shooting arrows at a target fastened to the heavy wooden backstop. I was appalled, expecting every shot to result in a broken arrow but they didn't break. Consequently, we built a wooden backstop of 1" sheathing lumber, 10 ft. high and 20 ft. wide (it could be any size). The straw target mats are mounted on stands in front of the wooden backstop. Stray arrows now hit the backstop and drop to the ground. Far fewer arrows are broken, even with the continuous contact with the wooden backstop, than we lost each year with the other backstops.

*By Barry G. Lowes,
Camp Timberlane*

INDIANS

A WAY OF LIFE

By B. M. Taylor,
Vancouver, B.C.

(First in a series)

As one searches deeper and deeper into the ways of the North American Indian a realization occurs that here is a culture from which we can learn many things.

However he may be studied there are some generalities that can be made forming the heart of Indian lore. He met the white man as a friend. He taught those who "discovered" him much that led to their survival in North America. The Indian had developed his senses to the fullest, for his survival depended upon them at all times. All nature was his school and he mastered his lessons well. He was not the wild man of the celluloid world or the television screen, but a human being with emotions, needs, likes, dislikes, and attitudes of his own natural environment. For the most part he lived in peace with his neighbors. In instances he formed political alliances that, as illustrations of full democracy, are hard to surpass. Within his own tribe and family he was happy, fun loving and fond of games and song. Where his struggle for existence permitted, he developed a high degree of art. The Indian has been known as the apostle of the out-of-doors and his example is what campers of today need most.

The culture and civilization of the Red Man was fundamentally spiritual in nature as compared to the white man's materialistic outlook. The question in the Indian's mind was not—how much goods or possessions have I but how much service have I done for my people?

We have been led to believe that the Indian is an atheistic non-believer. This is not true. The Indian's creed could be stated as follows: There is one Great Oversoul, the Great Spirit, and to Him we are responsible. Him we must approach with reverence. His favor may be won by prayer and kindly sacrifice. The soul of man is immortal, where it comes from and where it goes no one knows.

The chief aim of man is the attainment of manhood achieved in:

the body way
the knowledge way
the spirit way
the tribal way

Death is approached without fear, trembling, and the thought of things undone, but with the knowledge that he is going to the next world.

So we can see that Indian lore becomes rather meaningless to the camp programme if depth of understanding is not reached. It becomes a meaningless jumble of misrepresented and mistaken ideas that can only be corrected by an intelligent and educational approach to the study of those who "lived here before us".

INDIAN PROVERBS

Stolen food never satisfied hunger.
A poor man is a hard rider.
The moon is not disturbed by the barking dogs.
Do not judge a man until you have walked in his moccasins for seven days.



COSTUMES AND CRAFTS

The craft work can be a separate part of the programme or it can be included with the regular arts and crafts programme. With the use of raw materials such as trees, stones, shells, feathers or canvas, felt, burlap and tin cans, the craft programme can be fairly inexpensive. If a camp is in a position to spend money on this programme there are various Indian Trading Companies located in New York City and Vancouver.*

For inexpensive costuming the following ideas may be utilized in the craft programme.

Head Bands—

These may be made from strips of cloth, felt, leather or canvas. The head band may be decorated by using crayons, paint, colored felt, beads, shells, stones or pieces of bone. Feathers can be awarded for special service or accomplishment and sewn onto the head band or inserted through parallel slots in the back of the band.

Loin Cloths—

This part of the costume is relatively simple to make and consists of a piece of cloth, burlap, felt or canvas about two to two and one-half yards in length by sixteen inches wide. The loin cloth can be decorated in a similar manner as the head band and with the addition of animal hair. The loin cloth is supported around the waist by

*Bradford on Seymour

578 Seymour Street, Vancouver, B.C.

the use of thonging or a belt. If a fur loin cloth is desired rabbit skins are usually inexpensive and can be obtained from a local furrier. These are sewn on the front and back of a piece of cloth and can also be decorated with shells, imitation claws or pieces of bone.

Dancing Bells—

Rhythm is essential for dancing and ceremonies. With the coming of the white man the Indian was introduced to the metal dancing bell. If the camp is unable to purchase or locate metal dancing bells then they may utilize the Indian's original form of rhythm accompaniment by making turtle shell rattles or various sizes of shells strung together so that they accompany the dancer with a recurrent sound.

Anklets—

Anklets, with bells, are constructed by using two leather strips, long enough to circle the ankle and about two inches wide. To this the bells are attached with shoelaces or rawhide lacings. The bells can be from $\frac{5}{8}$ to $1\frac{1}{2}$ inches in diameter and approximately eight bells are necessary for this part of the costume.

Anklets can be worn on the arms as well as the ankles. Anklets are very colorful and inexpensive to make. Two pieces of elastic binding, big enough to circle the arm, and a bundle of yarn are the required materials. The yarn is cut into even pieces and doubled and sewn to the elastic banding or looped over the elastic banding. Strips of fur or beaded cloth may also be worn around the arms or legs.

Tom Toms—

This essential piece of craft can be made from a nail keg, cheese box or a hollow log. The best drumhead is one made from rawhide with rawhide lacing. To construct this type of drum the rawhide is first soaked in water

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Use Your Camp History

*By Margaret Govan,
Camp Onawaaw*

"Tell us stories of the olden days," the campers plead whenever there is a pause in the camp fire programme.

Actually the 'olden days' means the time 'before I was here' which was so very long ago that people must have done strange things, dressed oddly and thought differently! Of course, after more than thirty years of camping, I am able to throw some light upon the past, censoring a few stories which might add flavour but would be a little too stimulating to imaginations which are sufficiently active! How camp was discovered by my predecessor is important too, and what it looked like 'when you first came here.'

But there are older days still which make good stories for more reasons than one; these tales are learned only by degrees, from the hired men, the permanent residents and books. Geological history is important . . . why the rocks are up-ended; how the huge boulder got on top of our 'mountain,' why our rivers always enter the lake at a point, rather than into a bay. Such information may start some minds working, and perhaps we'll stimulate a geologist or a geographer, or simply widen horizons to make all of life more interesting.

Once upon a time Indians lived in this region, camping on the self-same points that we use to-day, hunting and fishing, and making use of whatever they could find in their environment. They were peace-loving Ojibways and since there was no flint and they had not learned to fire pottery, they left little to be dug up by archeologists and their known history is only a few paragraphs in the government book. The oldest inhabitant remembers a war canoe sweeping down the lake, but for what purpose he does not know; he certainly lived to tell the tale and without any drastic experiences. We know that the Indians used birch-bark and deerskin and bass wood rope; that they made maple sugar, and ate fish and animals, and gathered blueberries. Their stories lead to conservation, explorations, crafts, drama, and pageantry.

Then the trappers arrived. The Royal Ontario Museum gives credit to the beaver for opening up Ontario. Certainly the explorations were a by-product of the search for furs. The same animals are here to-day, a reward for sharp eyes and patience. Hunting continues, and there are stories full of action and suspense. Zoology, con-

servation, orienteering, and exploring will be stimulated by these stories.

The next invader was the lumberman. Traces of him can be found everywhere: ruined dams on the rivers, remains of corduroy roads, gigantic staples in the rocks which anchored logging chains at one time, dead-heads, stumps of mighty trees, far larger than the second growth around and about. And there are local Paul Bunyan tales full of humour and the kind of exaggeration which delight a child. Conservation rears its head again, and forestry, and more incentives to explore.

Settlers from the British Isles arrived about this same time. They believed that land capable of growing such trees would produce gigantic crops. They built fine brick houses out of the proceeds of their first crop, trees, which often proved to be their last. Other settlers came to the denuded fields and built wooden houses and shacks and tried to wrest a paying harvest from the non-productive land. There were pockets of fertile soil but the frost, late in June, early in August, ruined the vegetables two years out of three. The people had brought stamina, independence and square dancing! The last is another programme lead. The whole story is a great lesson in conservation and the laws of nature.

There was much tragedy, (and humour) none greater than the story of a retired army captain who brought out his friends' sons, for a consideration, to teach them farming and set them up on an estate of crown land. That provides an evening of stories.

Our lake was surveyed and named after the surveyor. A rifle was shot and the name pronounced. Little

settlements grew up round general stores, and small, beautiful Anglican churches were built and furnished under the sponsorship of the home churches of the early settlers. They are well worth a reverent visit.

The railways ran within thirty miles, as far as Gravenhurst, by the end of the nineteenth century, and tourists began to discover Muskoka. They reached the end of steel and then travelled by horse-drawn vehicles or boat. They took over the points and islands and beaches. More arrived after the Ford car came on the market. It was a day's journey and the roads were beyond description; there was no week-end commuting then.

The railway after much altercation, decided upon a certain route and in time, the little villages were deserted. Campers wander through the houses, stare at the forsaken grave yards, and weave their own stories which are passed onto other campers and in no time become legends!

And now the organized camps are there, also the encroachments of civilization. Even the early days of camp are history and turn themselves into a play day with a hard fast programme and many whistles, and it is such fun . . . for a day! Of course there is a fashion show.

The history and geography of your area is a storehouse rich in programme ideas. Do you use them? Read the Algonquin Story for background material. You may even find from your history books that Brule, Thompson and others came very near to your present campsite. This can make history come alive.

—●

HAM A LA KING — 100 Servings

<i>Ingredients</i>	<i>Amt. or Wt.</i>
Green peppers, chopped	12 medium (app. 2 lbs.)
Eggs, diced hard cooked	32
Pimentos	12 (4, 4 oz. tins)
Ham, cooked diced	2 gal. (8 lbs.)
	OR.....12, 12 oz. tins pork

White Sauce

Milk	2 gal.
Flour, all purpose	2½ cups
Fat	2½ cups
Salt to taste	

Method:

1. Make white sauce.
2. Cook peppers.
3. Add diced ham, eggs, peppers and pimentos to white sauce and heat.
4. Serve on toast.

ITALIAN SPAGHETTI — 100 Servings

<i>Ingredients</i>	<i>Amt. or Wt.</i>	<i>Ingredients</i>	<i>Amt. or Wt.</i>
Onions, chopped	5 lbs.	Celery seed	8 tsp.
Garlic, minced	12 cloves	Nutmeg	8 tsp.
Salad oil	4 cups	Oregano	16 tsp.
Green peppers, chopped	8 cups	Basil	8 tsp.
Mushrooms, sliced	12 cups	Thyme	8 tsp.
Parsley, chopped	8 cups	Bay leaves	12
Tomato Paste	8 qts.	Spaghetti	15 lbs.
Water	8 qts.	Salt	½ cup
Salt	½ cup	Water	16 qts.
Pepper	2 tsp.		

Method:

Sauté the onion and garlic in the oil until golden brown. Add the remain-in sauce ingredients and simmer for about one hour or until as thick as desired. Remove bay leaves.

Add the spaghetti to the boiling water. Cook until tender. Drain and blanch.

For each serving place spaghetti on plate, cover with sauce and serve with grated parmesan cheese.

BEEF STROGANOFF — 100 Servings

<i>Ingredients</i>	<i>Amt. or Wt.</i>	<i>Ingredients</i>	<i>Amt. or Wt.</i>
Lean stewing beef	25 lbs.	Cream of Mushroom soup	5 cans
Margarine	1¼ cups	(48 oz. size)	
Chopped onion (2½ lbs.)	10 cups	Sour cream	2 qts.
Garlic, minced	5 cloves	Cooked Broad egg noodles.....	5 lbs. 10 oz.
Paprika	5 tbsp.	Black pepper	⅝ tsp.
Water	5 cups		

Method:

1. Trim and cut stewing beef into one inch cubes. Sauté in margarine.
2. Stir in Onion, Garlic, Paprika and pepper.
3. Stir soup until smooth; slowly blend in water to make a smooth sauce; add to meat.
4. Cover meat; simmer for one hour or until meat is tender. Stir occasionally.
5. Stir a little hot sauce into sour cream; stir sour cream into meat mixture.

DO NOT BOIL

6. Serve 6 oz. stroganoff over ½ cup hot cooked noodles.



Keep them coming back every summer !

Making a summer resort or camp a prosperous operation calls for know-how and continuous planning. Good housing, good food, and interesting activities are all important factors. But the one that really counts — that can make for disgruntled vacationers, or bring whole families back every year — is the overall standard of hygiene and cleanliness.

McKague, the largest fully Canadian manufacturer and distributor in the field, can supply you with quality sanitary chemicals to meet all your requirements — to keep your resort or camp spotlessly clean and hygienic, always.

Some of our most popular products — proven in hotels and

factories, in schools and commercial buildings across Canada — are described here. If you would like further information, please call or write us at any time—or ask your McKemco man for details.

DISHWASHING

By Machine - **McKemco SPARKLE**

A quality, economical compound. Gets dishes clean and free from stains, and keeps machines free from scale. Does an excellent washing job, even in hard water areas.

By hand - **McKemco Spec. Hand D.W. Compound**
McKemco Glass Foam
Buckeye Dysh

Whether you prefer a soap powder, or synthetic detergent powder or a synthetic detergent liquid, McKague products will give you complete satisfaction.

McKemco Spec. Hand D.W. Compound — a true soap powder that really cuts grease and gives you plenty of suds.

McKemco Glass Foam—a synthetic detergent washing powder that rapidly cuts grease, gives you all the suds you need, and will not clog drains or septic tanks.

Buckeye Dysh — a concentrated liquid detergent that makes hand washing easier than ever. Suds up instantly in any kind of water, removes built-up grease in a jiffy, washes dishes, glasses, silverware, pots and pans—sparkling, hygienically clean. Can be teamed with the **BUCKEYE DYJET**, a finger-tip faucet dispenser to provide foamy grease-cutting suds or crystal-clear water at a touch. Will not clog drains or septic tanks. And it's lotionized to protect hands from dryness and chapping.

SANITIZING

Ordinary cleaning procedures aren't sufficient to keep your camp hygienically clean. The regular use of good sanitizing agents is also required. The McKemco agents listed below perform a two-fold task. Besides killing bacteria and germs and preventing the spread of

infection, they also effectively deodorize.

All dishes washed by hand should be sanitized after washing. Shower stall floors, and floors of rooms and cabins need sanitizing to prevent the spread of athlete's foot. Table tops, garbage cans, commodes, kitchen equipment—all need careful sanitizing regularly. A single case of infection can destroy years of goodwill.

McKague offers you a wide choice of sanitizing agents, that are both proven effective and extremely economical.

Roccal—an odorless liquid, used one fluid ounce to three gallons as a dip solution or one ounce per gallon as a spray solution.

McKem-Chlor—a chlorine sanitizer and deodorant powder, use 2½ level tablespoonfuls per gallon of water as a washing, sanitizing agent and deodorant.

Buckeye Germelim — a liquid soap with pine oil added to give an effective floor washing solution — used three ounces per gallon of water.

H.T.H. 15—a calcium hypochlorite powder for preparing solutions for de-staining dishes, coffee and tin pots, excellent for deodorizing garbage cans.

McKemco Special Lye — a special caustic for use in chemical toilets and outhouses.

Chloride of Lime—has many camp uses.

Sodium Hypochlorite — (12% available chlorine) has many camp uses, as a laundry bleach, dish de-staining solution, general germicide.

Proper usage of the above materials assures germ free, sanitary conditions throughout your camp.

TASTIER FOOD

Special anti-oxidants have been developed to make food tastier and more appetizing. The use of these new products will go a long way to make your vacationers talk favorably about their stay with you!

Whitato and Vege-Fresh — anti-oxidants that keep potatoes, vegetables and fruits in their original state of freshness without darkening after peeling and cutting. Storage in water is not necessary and original freshness is retained from 12 to 18 hours without refrigeration and for several days with refrigeration.

Anco-X—an oil anti-oxident that increases the life of cooking fats or oils, doubles their normal usage and also eliminates stale fat tastes.

Anco-10—a meat tenderizer that makes the good cuts of meat taste better and the cheaper cuts taste like the more expensive cuts.

Anco Brown and Tender — a meat tenderizer that also improves the

browning and flavour of all cuts of meat.

LAUNDRY PRODUCTS

Clean clothes are a must at a well run camp. McKague's can supply you with all the products you need — a complete line of all laundry chemicals and supplies, and even laundry machinery.

McKemco Laundry Soap Powder — an excellent built laundry soap powder containing a high percentage of soap along with water softening agents.

McKemco Wool Foam—a synthetic detergent in powder form with water softening agents. Excellent for all laundry work, bedding, towels, body clothes as well as woollens.

MISCELLANEOUS SUPPLIES

McKemco can supply many other products to help assure utmost cleanliness and hygiene. Grill cleaners — insecticides — septic tank activators — swimming pool supplies — you can make McKague your one supplier — for all your requirements. Deliveries are prompt and prices are highly competitive. Ask your McKemco man for details.

Anco G. C.—for cleaning grills and deep fryers.

Bionetic Septic Tank Activator — Non-caustic, non-poisonous, non-

corrosive, harmless to plumbing. Keeps septic tanks working to top efficiency.

McKemco 5% Residual Fly Spray—a residual spray to eliminate flies, mosquitoes, roaches, etc. Spray doorways, window frames, screens, garbage disposal heaps, etc. regularly.

McKemco Roach Powder — used regularly, provides complete control of roaches.

For Swimming Pools—An attractive and sanitary swimming pool calls for special chemicals, properly used. McKague can supply you with a complete range of products, complete with instructions for effective, economical use.

CHLORINATION

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Filtration
Alkalinity Control
Coagulation
Test Kits

H. T. H. Granular or Tablets
Sodium Hypochlorite
McKemco Algaecide or Roccal
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Alum
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The Philosophy of Camping

for the Mentally Retarded Child

*By June Braaten,
Director of Recreation Services,
Ontario Association for Retarded Children*

A camp experience for the retarded child provides the same kind of benefits as for any child. He has all the physical and emotional needs of any child, but often, because of his handicap, they are not met. It is, therefore, even more urgent that the same kind of a good camp programme which delights and benefits any child, should be studied in relation to the special needs of the handicapped child, and then tailored to them. The enjoyable and fascinating experience can be just as exciting for him, and certainly documented studies have proved that camp is an ideal setting for greater average expected development.

The fact that the retarded child can receive more from a camping programme, because he also receives help with his special problems, carries with it a corollary for those working in this field. There is a need for more of everything: more planning, more funds, more camps with adequate facilities, more leader training, more individual consideration, more need to see that every handicapped child goes to camp, and more need for community understanding and assistance.

It may be felt by some, that specialists in the field of mental retardation should be necessary to operate such a camp. It would be excellent if people could be found who are both experienced in this area as well as in

camp programming. Unfortunately, such people are rare. It is therefore next best to have experienced camp people adapt their knowledge to the mentally retarded children at camp. Precamp staff sessions and in service training in studying the needs of the retarded child are recommended. Thus far, very few of camp staff for retarded children, have been specialists in this field—yet they have administered and programmed in Canada for twelve successful camp programmes in 1961.

The conscientious director of any good camp will do his best to acquire knowledge about children. He may find this from such resources as: literature on education and psychology, courses related to child development which are available at colleges, or may be taken extra-murally, workshops and lectures in conference with other camping leaders, being a parent himself, and experience gained with the campers themselves. The director of a camp for mentally retarded children must, in addition, learn as much as possible about the child's handicap. He will find that the mentally retarded child is a child who is not ill, but, because of one or more of hundreds of causes, he has a general and incomplete development of the mental capacity. Although he is growing physically at about the same rate as normal children, he has only one quarter to half the amount of mental ability of the so-called normal child of his own age. He is therefore slow to learn.

The severely retarded children below 50 IQ, who are attending the Canadian Association for Retarded Children Schools, need camp programmes of their own, not because it is unsafe to include them in regular camp programmes with other children, or that we should keep them away from the public eye, but rather that because in a camp programme with children who have greater ability, they are frustrated in trying to "keep up". They need a programme which is specially geared to their needs, and the company of other children who are progressing at about the same rate.

A higher ratio of counsellor to camper is necessary, as many of the smaller children need help with routine of self care; most have not learned of the dangers if safety rules are not obeyed, and all need more individual assistance in every aspect of the programme. It has been found that a good ratio is one counsellor to two campers for children 8-10 years, one to three for 11-15 years, one to four for 16-18 years, and one to five for over 18 years.

In order to plan to adapt the regular camp programme to fill the special needs of retarded children, camp directors will be interested to know the goals. Those who have been working with the children and have studied their needs would list some of the following: Learning self-care skills, so that they may be independent in this respect; recognizing enough printed words to understand safety and direction signs; learning to communicate with others; learning to count in order to handle small sums of money; becoming mentally and physically fit; achieving a degree of independence; learning games skills and elementary creative techniques so that they may be able to enjoy their leisure time, individually or in small groups; ac-

quiring small social graces and the art of relating to others so that they will be happy members of their families and neighbourhood group; finally, developing enough skill in some simple work activities, so that they will be able to assist at home and be able to work in sheltered conditions when they become adults.

The cabin group unit is an excellent environment for learning. For the first time, the child is actually living with a group of children who are progressing at the same rate. When another of his peers demonstrates ability in handling a zipper, tying a shoelace or grooming his hair, it has been discovered that he will try harder and learn more quickly. Making his bed or sweeping his cabin may stimulate this child to interest in performing some simple tasks, which will carry over into the home situation.

The same causes which resulted in their low mental ability may also have resulted in damage to nerves that control muscles, causing poor muscular co-ordination. Consequently, these children are slow to develop motor skills, which ordinarily would have been learned at a pre-school age. Often they must still be mastered. Tests are being developed to help us discover the stage of muscular development at which each child has arrived. Then simple activities may be planned to help them to achieve muscular control in the proper sequence. It has been discovered recently that it is important that these physical skills should be mastered before it is attempted to teach anything at a higher level. Thus, games sessions at their camp may be a little more formalized and include tumbling and simple exercises. They should be especially chosen to develop the large and small muscles, to teach direction and balance. Most of the

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CAMP WOODLANDS AND HOW TO LOOK AFTER THEM



*By C. H. Irwin,
Camp Sherwood Forest*

In spite of widely diverging ideas of desirable woodlot conditions, and differences in site, soils and present forest cover, we shall consider what suggestions may have the broadest applications. It might be helpful to set up the framework for an overall plan, filling in first the details for areas most frequently used for camp activities.

The prime consideration is fire protection, especially of the areas most essential to the satisfactory operation of the camp. Some camps have hundreds of acres of woodland where the same intensive precautions might be too great a present burden but still something at which to aim.

In addition to what fire-fighting equipment may be stationed at camp, one should know what other equipment and services are available and how to secure them in the shortest time. The telephone rates high on the equipment list.

The distance from unlimited water supply such as a lake or river will have a bearing on what equipment is required, and fortunately most camps are well favoured in this regard. Remember, if dependent on outside equipment, it may be in use elsewhere just when you need it. Also, bear in mind that fires are not nearly as likely to get a head start when the camp is full of people as in the dry early spring before the leaves come out, or in Autumn when the ground is covered with dry leaves. The maintenance man cannot be everywhere at once, and fishermen or hunters, some of them very careless, may be wandering about.

All equipment must be ready and available for instant use, and how to keep it so, and yet free from tampering, is a question to ponder. Needless to say, sufficient staff members should be instructed in the use of all fire-fighting equipment.

The next point is ready access to all parts of the trail or bush road to expedite the arrival of equipment



to the scene and to act as fire breaks at which to stop ground fires. The topography and cover of the ground govern to a great extent what may be done regarding regularity of spacing of a network of trails. On rugged ground one must do the best he can, making grades as gentle as possible, while on flat or rolling land a spacing of not over a hundred yards (less in many places) would be ideal. Such a network of trails serves other purposes too; facilitating the removal of logs, firewood, brush and trash with a minimum of damage to what remains. These trails are also a boon for games, nature study and just plain rambling.

Now, what is our goal? Do we want an open park-like atmosphere with trees widely spaced and trimmed in a formal fashion; do we want the tidy regimentation of a European forest; the shaggy effect of untended wood-

land, or perhaps a combination of all three? The fire risk in the former is least but there is little cover for any kind of wildlife, including insect pests. Perhaps the regular aspect of evergreen plantation forest looks a bit unnatural in large doses, but such planting is often the easiest way to choke out weed patches or abandoned farm clearing, or to check erosion on cleared slopes. With most of us it is a case of trying to handle what we have best to suit our tastes and pocket-books.

As fire protection is a form of insurance, so a multiplicity of indigenous species in mixed stands of broadleaved and evergreen gives some protection against serious forest insect infestations. Few pests except the forest tent caterpillar attack more than one or two species and none attack all. Various tree diseases may make inroads on certain species without causing a look of desolation. Mixed forests of hardwoods and evergreens are less of a fire risk than solid evergreen bush.

Thinning has its problems, especially heavy thinning. If one wishes to keep this and that tree and cut out all others, he may find that these favoured trees are dying. Probably the trees that have been removed have shaded the trunks of the others, which kept the bark thin and tender. The direct exposure to the sun causes what is known as "sun scald". It is amazing the heat which can build up under the thin bark of trees on hot days, thus killing the inner growth-producing layer or "cambium". Also the loose soil beneath these trees may become tamped hard by traffic when the protecting trees are removed.

(to be continued next issue)

Winter Camping

By David Litwiller



For the past few years through the courtesy of Mr. Gordon Wright, the Dept. of Education has made available the facilities of Bark Lake to the staff of boys camp for a weekend in the fall of the year, to hunt, trek through the woods or just relax. This year it was suggested that we go up during the Christmas holidays and see what it would be like to tent on the rocky shores in sub-zero weather. As I recall the incident there were fourteen eager individuals ready to test the rigors of the climate and prove their prowess as hardy outdoorsmen. All this took place in August, but by December the number had been cut to seven; this however did not discourage us for we were more determined than ever by this time to carry through with our plans.

We arrived at camp later than planned and had to assemble our gear quickly, get packed and start out

across the lake to the site where we planned to set up camp for the three day expedition. Naturally all of us being summer campers, we had to improvise with the equipment that was available to us; such things as sleeping bag liners had to be fashioned from wool blankets. We weren't all as fortunate as Hart Devenney to have an insulated outer liner for the sleeping bag. I might add that I did use this liner over my own sleeping bag the second night out and found that there was a great difference in warmth. This would seem to be the answer for the camper who doesn't want to invest in an Arctic bag or similar equipment.

We packed our food and equipment in large tump-line packs, and as one of the group was far-sighted enough to bring a large toboggan we were able to lash all the packs to it and with three 'huskies' in the harness, we could mush across the lake at a fair rate. However, due to short days, a late start and poor sledding conditions (we tipped the load four times) it was quite dark on arrival at the campsite.

In typical outtrip tradition the party was divided into working groups; tent pitchers, fire makers, wood gatherers and cooks. The tents that we used were the regular Bark Lake tent, and by pitching three of these with their peaks together in a fan arrangement we had comparatively cozy quarters. The tent pitchers did their job well despite the handicaps. Tent pegs are non-existent at Bark Lake, however we discovered that six inch spikes drove quite well into the frozen ground and held very securely. The greatest problem with the tents was condensation. This may be good, for if a rope breaks the tent will not fall but remain in a perfectly rigid position. The drawbacks to the heavy condensation in the tent seemed to be that each morning our discarded

clothes, shoes, pants, socks, etc., were frozen quite securely to the tent floor.

Mr. Wright, who was on a similar expedition with his young son, was the envy of all, with the winter tent, kerosene stove and other equipment with which he was experimenting. Our only luxury was a Coleman stove on which we (I) did the cooking. This stove was considerably slower than the kerosene type, but we were glad we had it along. The Coleman lamps also proved to be very valuable. We didn't experiment with any tripping foods but stayed strictly with the grocery store supplies, most of which were of the frozen variety although not intended to be. Problems arose in this area and many of them still remain unsolved. It seemed that no matter how fast you move, you put your meat and vegetables on the plate, go and sit down and by the time you take the first mouthful, everything is stone cold. This was a drawback where most of the food was concerned, but for some reason it seemed to improve the taste of the coffee. A source of water is no real problem provided you have a good axe to chop through the eight or ten inches of ice.

Melting snow was also tried as a method of obtaining water but was abandoned, for it made very poor coffee and took too much time melting enough to make it worthwhile. Generally speaking the food was no great problem. Of course each person had his own individual complaints, but in true camping tradition these were completely ignored by the cook.

In the brief interim of time between meals, the party did spend some time

exploring the terrain, in particular the portions that are not passable in summer. Naturally we were learning things throughout the whole time in the bush, many of these lessons are never to be forgotten; such things as a swamp never freezes as solidly as a lake. This was observed by two of the fellows as they stood knee-deep in the frigid habitat of the pickerel weed and arrowhead. This led to another worthwhile discovery about winter in the out-of-doors, and that is, insulated boots are very warm and comfortable in cold weather, however, a great problem arises when you attempt to dry one that has for some reason become water-logged.

This was the first attempt at anything of this sort for us and naturally we did many things wrong. Readers with vast experience at this sort of thing may find it hard to believe that we could have made so many mistakes, but we did learn a great deal from the experience and everyone involved did benefit greatly from the adventure. As I tell people about our trip I always get the same replies; the first remark is invariably 'Are you crazy?', and the next question is 'Would you do it again?'. My answers to these questions are, 'No, I don't think I'm crazy,' and 'Yes, I would do it again'. Of course we would do some things differently next time, such things as leaving earlier so that camp can be set up and the meal served in daylight. Daylight was one factor that we had completely overlooked.

One should include large tarps or pieces of canvas to use as windbreaks; and don't carry a thermometer, it's too discouraging.

To draw any conclusions as far as the equipment was concerned, all I can say is that we did quite well with what we had. The only improvement would be to invest in equipment designed specifically for the occasion. For us and for many others who might want to try their hand at winter camping this expense might seem foolish and probably is, for with a little ingenuity you can improvise with your present equipment and do quite nicely.

Evaluating the project as a whole I would say that winter camping is something that all camping enthusiasts should try. There is just as much to be seen and just as much to do in the woods in winter as in summer. I have always been impressed by the wonders of nature as I sit in summer watching the trees stretch their branches skyward, and the rocks frame the deep blue waters of a peaceful lake in a picture of calm serenity, but this is even surpassed on a cold winter's night as one treks across the frozen lake, stars shining in all their splendor and the big bright moon playing with the diamonds in the crinkling snow under foot.

Naturally the opinions expressed in this article are those of just one person in the party, however I feel certain that all the others came away with the same general attitude so aptly expressed by one of the adventurers while sitting on a frozen mound of snow, in the biting wind, eating cold sausages and mashed potatoes, "Thank goodness there are no mosquitoes!"

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STORY OF A STORM - - -

*Reprinted from
The Junior Leader*

If we observe a thunderstorm at night, we will notice that lightning shows itself in many forms and shapes. The principal forms will be picked out straight away: the vertical impulse between clouds and earth and the impulse from cloud to cloud.

Let us look for a minute at the first one. Have you ever stopped to think that lightning striking downwards must hit the earth or an object on the earth somewhere? Everyone of us knows that sometimes a lonely farmhouse, a tree or a barn is hit; also that at times people or cattle are killed by lightning. But if every vertical lightning flash would have such a result, there soon wouldn't be any building or living humans or animals left.

On one occasion during a heavy thunderstorm between the hours of 9 p.m. and 4 a.m. an average of thirty lightning flashes per minute, or 1,800 per hour, was counted. A total of 12,600, of which at least half travelled from cloud to earth. It would be impossible to work out how many of such discharges take place in a whole year all over the country, but it wouldn't be far off one million.

This will show you that although many things will be hit by lightning, only very, very few hits result in fire or death. So there is no undue cause to be frightened by thunderstorms.

Now what causes a thunderstorm? To answer this question we must know that there are two kinds: (1) the heat

storm, and (2) the frontal thunderstorm.

The heat thunderstorm is caused by strongly heated air, which rises quickly from near the ground; breaking through the higher layers of cold air, and then as huge cloud masses (cumulus) works itself higher and higher to about 40,000 feet. The heat thunderstorm is a real summer phenomenon, and is usually only a local incident. It does not break the weather up but helps to restore the equilibrium of the atmosphere by effecting a considerable vertical exchange of air.

A frontal thunderstorm indicates a sudden change from warm to cold weather, and is heralded by an over-casting sky from south or south west, with thickening Cirrostratus clouds, supplemented later by low Altostratus clouds, which are clearly cut off in front by a big curve. This is in reality a straight line, which we see in perspective. As soon as this curve is above us, it begins to rain — harder and harder — together with gusts of wind. It is caused by warm air, lifted from near the ground by the incoming stream of cold air, which has an average speed of about twenty-five miles per hour. The frontal storm usually lasts only about ten minutes, and after the storm the wind has changed from south to west.

Until quite recently it was thought that lightning could be compared with

an ordinary electric spark. However, with the aid of some ingenious cameras with rotating lenses, this was found to be an entirely wrong supposition.

If the difference in voltage between two clouds or a cloud and the earth is big enough, a so-called leader-discharge takes place, developing millions of volts in about one millionth of a second, and acting as a pathfinder for the big discharge which is to follow. The leader discharge tries to follow the path of the least resistance, in jolts and jerks, not in one straight line, for every time new air masses have to be overcome. When the earth is reached the big mass of electricity can rush freely to start from near the ground and so back upwards. The real discharge which we see as lightning runs therefore from the earth upwards. This happens with such a speed that it can only be photographed but never seen. The first leader-discharge reaches about 31,250 miles in one second, while the following ones vary from 1,875 to 18,750 miles. There are many discharges after the first main discharge, each one preceded by a private pre-discharge. There are, therefore, moments between the different phases of one flash of lightning — sometimes of nearly $\frac{1}{2}$ second — when one cannot see anything. This explains the flickering appearance of lightning.

Up till now we have been talking a lot about lightning, but what about the thunder, which often frightens people more than the actual lightning, but which in itself is quite harmless. Now what is thunder? The answer is simple: lightning leaves behind a wake of heated air. The sudden expansion of this air creates a train of wavelike vibrations that radiate in all directions.

It is easy to judge the distance between the thunderstorm and yourself by counting the seconds between the

time you see the lightning stroke and the time you hear the thunder. If you know that the speed of sound is approximately one mile in five seconds, you just divide the number of seconds by five which give you the distance in miles.

It might be extremely useful to be able to forecast thunderstorms while you are at camp, for instance. Now how are you going to do this? It is of course, quite simple to predict a storm when the appropriate clouds are forming, as long as you know how to recognize these clouds. It is more difficult, if you are not satisfied with this, and want to forecast storms before you can see any clouds. To this end you will have to ascertain the dew-point of the atmosphere. We use for this purpose a hygrometer, which consists of an ordinary (dry-bulb) thermometer, and a wet-bulb thermometer. The latter has a piece of muslin wrapped round the bulb, which is kept damp by means of a wick leading to a small water container. Owing to the evaporation from the muslin, the wet-bulb thermometer stands normally lower than the dry one. If you keep a record of this difference, you will find that when the air is saturated with moisture, this difference will be nearly zero (rain is likely), while when the air is very dry the difference will be well marked. If in the morning your record shows a small difference, you know that the air has plenty of moisture, and if a hot sun goes with this there is a great chance that you will get a local thunderstorm by the late afternoon.

To predict the course a storm will take you must watch the altocumulus clouds, which are usually found near a storm. They will give you a pretty good idea of the direction and the speed of the actual storm.

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from twelve to twenty-four hours. When it has become pliable and stretches it is then pulled tightly across the head of the drum and fastened into place with small tacks, nails or lacing. As the rawhide dries it stretches across the drum thus producing the well-known sound. If during the season the drumhead becomes loose it may be tightened by holding it close to a fire or stove thus shrinking the rawhide to its original size. If rawhide is unavailable the drum may be constructed from a No. 10 tin can, or larger size, covered with inner tubing or cardboard. Beaters are made from sticks with cloth or leather wrapped around one end. Drums may be decorated with feathers, painted designs, colored cloth or fancy beadwork.

Peace Pipe—

The peace pipe is a necessary part of the council ring equipment. The pipe may be constructed from various natural materials and although a little difficult to make can be mastered with patience and skill. The bowl of the pipe can be made of baked clay or carved from green birch or similar green wood. The stem can be made from young ash or a sumac branch. To smoke the pipe simply drill a hole through the stem by the use of a long heavy wire such as a clothes hanger. The wire is heated redhot and burns a hole through the centre of the stem. The pipe can be decorated by burning on designs or in a similar manner to the other crafts mentioned.



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Rattles—

Rattles can be constructed from cereal boxes, tin cans, turtle shells or cow-horns. Pebbles are placed inside the rattle which is then covered with cardboard, canvas or rawhide. A handle may be attached or the rattle can simply be held in the hand. Rattles are used to provide background music and to maintain accompaniment to the dance steps as well as chants and ceremony.

Beadwork—

Beadwork can be accomplished by older campers and for short periods of time by the younger campers. Local craft stores will be able to supply looms, thread, needles and beads. Adequate instruction booklets are also available.

Bonnets or Head Dress—

When a little more expense is allowed the traditional Indian bonnet can be an addition to the craft programme. Ben Hunt's Golden Book of Indian Lore provides a detailed outline for the construction of this piece of costume. Each camp should strive to construct a bonnet for use in ceremonies and pageants.

War Clubs—

The war club is always a fascinating object of craft for boys. First find a small dead tree with an intricate root system (drift wood is a rich source). Take up the tree and the root trimming the trunk for use as a handle and use the root system for the head of the club. With a little study of the root system a ferocious looking club can be obtained. Paint and decorate the war club as desired and you will have a souvenir that will be treasured long after camp is over. ...

With the use of natural material such as berries, nuts, leaves and roots the various dyes can be made to decorate the costume. With a little research the methods used by the Indians before the coming of the white man will add greatly to the authenticity of your craft programme.

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RAIN, RAIN GO AWAY!

Rain at camp can do more to wreck or make a camp fellowship than any week of sunny weather! At one of the most successful camps that I've been privileged to direct, the leaders were practically washed out by a near tornado the night before the girls arrived. Thank goodness the leadership was of the calibre that would gladly have put their fists in any dyke to save the camp, and in their good-natured, water-logged efforts, gained in one evening a closeness in their fellowship that could only be God-centred. Indeed, the many emergencies that come forth as a result of rain call up the best of each and every leader. Leaders, in turn, who rise to the occasion, as indeed most do, are well rewarded by the ample suggestions bursting from the campers who want to "rescue" the camp.

Let us look first at the dangers which can arise, and suggestions for remedying them. The danger of homesickness is doubled with the arrival of rain, especially if it stays longer than one day. Damp, wet days tend to dampen enthusiasm, as clothes, feet and spirits get clammy. One of the first responsibilities which an alert leader takes on is to make sure that her charges are kept as dry and warm as possible under

the circumstances. This is a day when special effort should be made to keep the cabins tidy, since the campers will spend extra time in them. (Although this should be kept to a minimum) Should it be necessary to carry on, groups in the buildings use leaders' cabins, craft halls, even the hospital (if it's not occupied) rather than the campers' own cabins; anything to move them about making sure they are protected from the weather. Ground sheets make good raincoats, by the way.

The meals can help tremendously on a rainy day, and a word to the business manager (if necessary) may change a cold plate to a spicy hot dish; breakfast of porridge and cocoa starts a rainy day off on the right note. One group can be asked to make special favours just to surprise the camp. (e.g. the camp executive) A birthday party meal, for all who have a birthday during camp, or some such special arrangement, always pitches



the tone of the camp to a happier key. Snappy sing-songs with unexpected solos by leaders and staff add to the fun, as longer time can be taken at the dining tables during rainy weather.

Executive, leaders and staff should be alert to anyone not participating in the day's programme, and avoid this aloofness reaching the homesickness stage by using every trick in the book to get total participation throughout

the camp. The Director, leaders, staff and executive must co-operate to the utmost, and thus regular leaders' and executive meetings are most necessary. With each working for the other, and the campers, in a God-centred programme, the fellowship is bound to flourish.

One must surely adapt the programme to the camper in this situation. Flag raising, salutation to the dawn, running out in pyjamas to greet a dripping day come second to a camper's health. An extra long sleep on a rainy morning is a good idea (be sure the cook is warned). Once the cabin leader (wearing her sunshiny face!) has made sure each camper is awake, she should start the day off on a happy note of song or prayer, and then before leaving the cabin caution the group to dress warmly. Morning worship could be taken at the breakfast table after the meal. The swim before noon will likely be cancelled and that time can be used in interest groups or Bible Study. The programme should be at least as full as on an ordinary day. If it's too cold for swimming, or the period has to be shortened, be sure something else such as table games, discussions, life saving demonstrations etc. are substituted.

If the camp is fitted with a large building other than the dining hall which will house all the campers at



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once, you're in luck, for you can have indoor games, carnivals, dramas, skits, films, etc. In most cases, however, the dining hall is the only large building, and this should be free an hour before and after each meal to allow staff to prepare or clean up the meals. Therefore your big gatherings will likely be held from three to four in the afternoon or seven to nine at night. If it is warm enough to go swimming, the three to four period will be the best time; therefore, you should plan for a snappy, happy evening programme. The leaders will likely spend an extra amount of time seeing that the campers are warmly and happily "tucked in" before leaving their cabins on rainy nights. A cup of hot cocoa takes an uneasy tummy into the land of dreams more quickly than that often-asked-for drink of cold water.

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News from the Provinces

The fifth annual Camp Director's Seminar was held at the Banff School of Fine Arts from January 17th to 20th. This seminar was sponsored by the Alberta Camping Association and the Recreation and Cultural Development Branch of Alberta. The theme speaker was Mr. Hart Devenney from the Ontario Department of Education. Workshops and discussion groups discussed matters of leadership, administration, maintenance, programme and standards.

TO DEFEND THE INSURED

*By Clifford Labbett,
Camp Oconto*



The Supreme Court of Quebec recently handed down a 4 to 1 decision against a children's summer camp when a suit for damages was brought against the camp because a boy drowned last summer. The boy disobeyed a camp rule but the camp was still held responsible. Rules are a part of camp life and we couldn't operate without them. But some rules do not make sense to an eight year old, or he may not have been listening when the counsellor spoke about it. He could very easily not realize he was breaking a rule, but the results could be disastrous --both to him and you!

The title for this article is taken from the first paragraph of a Comprehensive Public Liability Insurance

policy as issued by a Canadian Insurance Co. Many of us should read a lot further in these contracts to see what is covered and what is not covered. Contracts of this type are usually written to cover all risks with certain exclusions — read them and make sure! This court case has brought to the minds of camp owners and directors this question of liability and how to protect against it. Insurance is the first answer usually and forming a Limited Co. probably the second thought. For those who do not now carry liability insurance you would do well to make enquiries—your only cost is the time involved. The time to act is before the accident, not after you have been served with a writ demanding \$50,000.

To freshen your memory let us look at some of the things that do go on at some camps and may at some time go on at yours. Some things must go on regardless, others can be stopped or curtailed depending upon your circumstances or feelings. The important things is to minimize any danger and prepare for the possibility of an accident by buying protection.

How many have sent a camper into town with a counsellor in the counsellor's car? Probably most of us—and in so doing have assumed responsibility for that camper in the event of an accident, also the counsellor in doing our bidding, and if the car is involved in an accident you could be held jointly liable for damage to another car and injuries to people involved. Non-owned Automobile Liability Ins. will protect you here!

Do you allow campers to go out of camp with other camper's parents without written permission? Suppose this car is involved in an accident and someone hurt—if the child is out of

camp without permission from his or her parents, it could be costly to you.

How many load up the camp truck with campers, kit bags, paddles and four canoes trailing behind to go to another lake for a trip. Or on any truck for that matter! Insurance policies usually exclude coverage for any passengers carried in a truck. Camp vehicles that regularly carry campers or staff should carry Passenger Hazard—the extra cost is small but the protection great in the event of an accident.

How many hire busses to transport the children to and from camp or elsewhere—the bus company must carry insurance to protect the passengers but all policies have limits as to the amount of protection they afford. The camp could be held jointly liable, and even if the judgment does not go against you, the mere act of defending yourself can be costly. Insurance will protect you here!

Concerning staff—the law of Master and Servant applies in many instances in this regard. When you hire a man or woman to work for you or do a job in return for room and board, which is considered compensation in the eyes of the law, you assume a responsibility for them and their actions. You must give them equipment to do a job that is not dangerous to use, and not ask them to do something that could easily result in an accident. If they are hurt in performing a job for you, you can be held responsible. For Ontario camps operated for a profit, there is no choice, you must register with the Workmen's Compensation Board. Camps in other provinces not familiar with the legislation in effect, should enquire — it could save you money and trouble. If you do not register with the Workmen's Compensation Board you should carry Employers Liability Insurance.

Water skiing has become a very popular activity and many camps now have it as a regular part of their programme. The Federal Government has laid down certain basic rules you must abide by. Every boat must carry two responsible people—one to operate the boat and the other to watch the skier at all times and act as a liaison between the skier and the driver. The two people in the boat should be well qualified in water rescue work for the onus will fall on them in the event of a mishap. In supplying equipment for this sport, you imply a warranty that the equipment is in good working order and that all concerned in the operation are not taking any unnecessary risks.

Forest Fire — what a dreadful thought! Quite possibly your campers have been accused of starting one and you have helped fight it. Then you begin checking back to find out if it was possible one of your out-trips started it, or was it started by others that used the spot after you? Fighting fires is a costly business and you might be assessed the cost of doing so — Property Damage coverage under your Liability policy will protect against this. Or it could be a grass fire that catches onto nearby barns or cottages damaging or destroying them. The owner may have adequate fire insurance but the company paying the loss may take subrogation rights against you to collect their money.

Food poisoning, while not very often fatal, can be dangerous if not properly diagnosed early and treated promptly. Insurance policies usually cover this while in camp but not on out-trips—check the wording of your policy!

In short—investigate now and obtain the protection you need—not after the accident.

—●

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form. This forms the basis of their discussion. At the conclusion of this evaluation conference the C.I.T. may append any comments that he wishes to his report. When he is satisfied that it is a fair record of his week in that cabin, he signs the report.

These conferences are valuable for it is here that the young C.I.T. can learn how he is doing, what he is doing well and where he can improve. We find that few have insight into themselves and many comments from their supervisors are rude awakeners. However, handled sensitively, we find that these conferences are of great value to the C.I.T.

The unit head gives these reports to the director who meets each C.I.T. formally at the end of his first, second, fourth, sixth and eighth weeks. These reports, each written independently, usually follow a pattern. The director interprets and discusses these reports and these patterns with each C.I.T. relating them to themselves as individuals and to their goals as prospective counsellors. It takes many valuable hours of the director's time, but I believe that they are hours well spent. It lays the foundation for a strong director counsellor relationship in future years. The training of future counsellors is too important a job to entrust to anyone else.

Together with this on-the-job experience, discussion meetings with the director are held. The girls one evening, the boys another, gather in my cabin to share experiences and problems. These invariably lead into teachable moments, so that much philosophy and knowledge is imparted without them really ever being lectured. Lectures are of little value if any. Only when a C.I.T. has seen, heard, felt and lived with some cabin group experiences can he have any background for learning or any comprehension of what is being discussed.

These evening discussions would go on all night if snacks didn't cut them off. I am told that these discussions continue daily and nightly in their cabins. It is this constant exchange and discussion within their own living C.I.T. group that makes us believe in the value of having them live together rather than assigned to sleep in camper cabin groups. One of our older specialty staff sleeps in their cabin as a personal counsellor.

One day a week is free. They can spend it any way that they choose, either individually or as a cabin group. On certain evenings they participate in the regular camp programme with their working cabin, while on others they have their own C.I.T. evening programmes. Their bed hour is 10:15 p.m. except Saturday evening which is 11:00 p.m. and they are invited to one special staff recreation night until 11:00 p.m.

Once during the summer they are given a "day-off". It is the climactic event for them. They spend weeks deciding which day it will be and what they will do. In fact, all it amounts to is going to town as a group with their counsellor in the late afternoon, window shopping, having dinner out and going to the local movie (seating capacity 56). We might smile but it is their day.

This briefly is the programme that has evolved at our camp over the years. It is constantly being modified in the light of the evaluations done by each graduating C.I.T. Is it worth all the time and work? From the camp's point of view we are finding that we are harvesting a staff that has strength, depth and continuity. Out of 83 counsellors this year, only four will be new ones. From the C.I.T.'s point of view, they continually describe it at the time and in later years as "the greatest summer I ever spent at camp".

—●



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THE BEAVER

The beaver is probably the best known of all Canadian animals. Once it was the emblem of Canada, as it was in pursuit of the beaver and its valuable fur that the fur traders opened up our country.

It is the largest rodent (gnawer) in North America and, when an adult, sometimes weighs 70 pounds. Its tail, a characteristic mark, is paddle-shaped and covered with leathery scales. It is used as a prop when cutting trees, as a swimming-rudder and as a signalling device to warn other beavers of possible danger by splashing it loudly on the surface of the water. As the beaver is an aquatic animal, its hind feet are webbed but the forefeet have strong claws which it uses for digging, handling its "construction equipment" and for combing its beautiful fur. Often the beaver spends hours spreading oil from its oil sacs over the fur to keep it waterproof. The beaver's eyes are small and eyesight dim but it has a keen sense of hearing. When it dives, valves close to keep the water out of the nostrils.

The beaver's front teeth are very important to it, and they continue to grow throughout the animal's life to compensate for the wear on the edges. A single beaver in one night is capable of cutting down a poplar tree which is half a foot thick and reduce it to six foot lengths which are hauled away. These "engineers" of the forest have been known to construct canals more than 100 feet long on which to float their cuttings to a pond. Young beaver will imitate the father by felling little saplings and building miniature canals.

Beavers are sociable animals, building their lodges of mud and twigs in colonies. These lodges freeze over in the winter affording them protection.

*Reprinted from
The Young Naturalist*

FOR YOUR NATURE BOARD



Beavers eat berries, roots, twigs and bark. Their winter food supply is stored in a deep hole near the underwater entrance to their hut, with the branches interlocked and stuck in the mud bottom weighted down with rocks.

The male beaver makes little scented mud pies and puts them in places



where a female beaver would be most likely to see them — the animals are believed to mate for life. The young are born in the spring and average between three and four in a litter. They remain with their parents for two years then go off to set up house-keeping on their own.

Zoologists claim that the beaver is not the careful forester he is supposed to be as he often fells trees into his fellow workers, injuring or killing them. However, we still love and admire this interesting little animal.

THE PORCUPINE

Perhaps you have heard weird loud noises at night, coming from the woods near your camp or summer cottage.

There are various causes for these but they may well have been made by porcupines. In the spring and summer the young often emit a sort of "eek" sound, as if the mammal were in a peevish mood. In fall or early winter the adults make loud and strange noises at times of mating.

Porcupines do not throw quills. There are often loose ones shaken off, but they fall to the ground with little force. The young are born with soft quills which harden in about half an hour. There are no quills on a porcupine's under-side. The mother sits up on her haunches and tail so that the baby may nurse.

They do not hibernate. Their food is mostly bark, particularly in fall and winter, but in spring, new leaves and tree flowers are favourite fare.

A porcupine will not be concerned about your presence. It will never attack you. If one is on the ground, and you bother it too much it will turn its large heavy tail towards you and shake it.

Porcupines love salt more than most mammals do. They will gnaw paddles and such objects to get the salt that has been left there by sweaty hands.

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young campers cannot play a complete game, but learning basic skills for games is as much fun for this child as playing the whole game. It has been demonstrated that the children can learn to play games but, as the final total which these children learn will be limited, those which can be played with a family or neighbourhood group, when they will become teenagers or adults, should be emphasized. Thus games such as softball, swimming, bowling, croquet and horseshoes are excellent. As well, children love circle games. This type of game and many regular activities carried out in other camps can be adapted to the ability of retarded children.

Competition between campers or teams is not important. However, children love to achieve and improve their own records. Tangible awards, such as stars, ribbons, etc., are of great assistance. If given, they should be presented immediately that a skill is achieved, so that it will be related to that activity. These children receive so few acknowledgements of achievement in the ordinary course of events, that leaders should praise any legitimate progress. They too need a sense of personal worth. The phrase "bursting with pride" is the only adequate description of the response to valid praise.

The retarded child's social relationships are usually sadly lacking. Often, he is not accepted by brothers and sisters and the neighbourhood group, because he cannot "keep up". At the age of three or four, when other children were learning to play with one another, he was probably just learning to talk. At seven or eight years, when others his age were learning to play in groups, he was just learning elementary motor skills. The informal setting and warm acceptance of the camp, which includes living for



twenty-four hours a day with other children who are progressing at about the same rate, taking part in skits around a camp fire, overcoming shyness while playing with puppets, and having a young leader who has time to spend with him, will do more in a short time than any thing else to help him in relating to others.

As in any other good camp, being in the out-of-doors, and observing and learning about the wonders of nature, should be woven through the whole camp programme. Counsellors who have been reminded about this child's lack of knowledge and observance of even the most simple demonstrations of nature, will stop along the path to turn over an old log to show the child the life underneath. Together, they will explore, perhaps, with a magnifying glass, such wonders as the parts of a flower. He will point to the bird in flight, and they will stop to listen. A frog or snake or praying mantis, will be carried back to camp to show the others. Stories will be improvised about everything: the bunny, the spider in his web, and the tadpole. The weather will be noted each day, and discussed. The day the camper begins to ask questions, the counsellor can feel great progress is being made.

Loving parents are even more apt to overprotect a handicapped child than a normal child. It is, therefore,

most important for him to live away from the family for a period, to learn a measure of independence. Parents who have the great responsibility of a retarded child, need a rest, so that they may come back from their holiday refreshed and better able to assume their task for another year.

Those who work as leaders at such a camp will have a never-to-be-forgotten experience, and the reward of genuine appreciation seen in the eyes of children whom they have helped. There are many community groups or individuals who have joined with parents and members in Associations for Retarded Children across Canada, to make these camp programmes possible. Some recreation agencies are setting aside a camp period for these children; service groups, who own camps, are making their facilities available. Specialists in camp facilities and programme are donating their time to act in an advisory capacity. As yet, there are only a few camps which are owned by Associations for Retarded Children. The benefits have now been demonstrated. There are detailed reports of pilot projects available to those who would like to begin. It only remains now to make this experience available to all retarded children, so that every opportunity will be given that they may develop to the very limits of their ability.

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Sermons Under the Sun *By C. R. Blackstock, Camp Mazinaw*

IMPRINTS

Six weeks ago you came into the bush. Now you are about to go out of it. Some came for the first time, some returned after having learned and know it even as a second home.

You will notice in thinking of the life of Jesus that he often went into

- the wilderness
- the mountains
- the fields
- on the trail
- on the lakes

Only one who was at home goes to such places. Only one who is unafraid because he knows the way and the places.

It was in such places that He felt closer to God.

It seems that in such places Jesus renewed his mind and body and spirit.

It was from experiences in such places that He built His parables.

Here He could plainly see the miracles of God.

The fishermen who doubted, caught fish when He told them where to drop their nets.

The sailors, afraid for their lives in the storm, were calmed when Christ woke to read the weather and the sea.

He knew what happened to seeds sown on different soils.

He knew the fragrance of the old cedars of Lebanon.

The garb of the lily was familiar to him.

The birds were his companions, He said even a sparrow's fall was known to God.

He knew the taste of grain plucked and husked as he and the disciples passed along the fields.

Jesus taught us about God, in the living things, the elements, about us in the wilderness, the mountains, the fields and the waters.

Early in camp this season Cabin 11 set about getting prints—foot, paw, claw.

- the marks on the trails in camp
- the prints in the muck of the swamp
- all of you have seen the vapour trail of an aircraft travelling across the sky.

Not so many of you have got to the top of old Walt and have seen old Paul Bunyan's heel mark where he used to wash his feet—Paul just worked his heel in the sand and gravel.

Some of you have had the marks of the glaciers pointed out to you, that were scratched on the rocks hundreds of years ago. These marks left in the air last very briefly, those left in the rock last for ages.

Each footprint or handprint is evidence of who or what has been here or there.

You came into the bush six weeks ago from the world of man-made gadgets:

- buildings
- streets

some of which are lovely to look at, useful, but crowding out or covering much of the God-created world.

There

- cars fascinate you
- big buildings awe you
- aircraft lift you noisily to the clouds.
- comics and movies enthrall you.

These have held your attention, your thoughts, making you blind to the many things of even greater intricacy, bearing the imprint of the hand of God.

Now you are about to go up out of the bush after many days and nights of living close to the earth, (some of you have got there pretty fast at night when your jungle hammock has fallen) and you have lived close to some of that great host of living creatures and things that are of it.

The imprint of the bush is upon you, and so too, that of your Creator. You know some of the handprints of God.

- the rings of a freshly cut tree
- the colour He stamps on the back of a garter snake
- the pattern of stars across the sky
- the smell of the pitch of the pine that has lasted maybe 100 or 150 years
- the flash pattern of lightning against the gray-black blanket of the storm cloud.

If you have lived in the bush with your senses alert and your mind open, then you know better—these the hand - and footprints of God.

There is another even greater and more complicated and intricate creature of the Creator's Hand—your fellows.

While you have been in Camp, you have lived closely with other persons.

We all, of God's creatures, are the most god-like, created in His image.

And here we have tried to live with our fellows after the manner in which Christ taught us to do.

We have seen in others

- the friendly look that warms
- felt the 'helping hand with the heavy pack
- heard the word of encouragement in the tough going
- known the lift of the full-throated laugh or joke when despair settled on us.
- thrilled to our fellows' praise after achievement
- been warmed by the gesture of sympathy after defeat.

What a world full of infinite wonder and delight and beauty in which to live!

You here in chapel have listened to

—Harry, as he talked to you about maintainng the balance of body, mind and spirit.

—Dr. Pete, as he spoke of courage and the fear of failure.

—Bill, who would have you think of courtesy and consideration for others.

—Ernie, who would have you meet the challenges that come to your daily lives with determination.

—Doug had you think of a life of service to others, all the while becoming more aware of beauty and wonder.

You go back to the cities and towns bearing new imprints of the bush and of God.

You return, knowing better where and how to find and know the works of the Creator from the imprints left on His handiworks.

You carry with you some of the marks,

—however faint

—however few

of what has been said

of what has been seen

of what has been done

When others see you on the streets of the city again, they will know you are different.

They will see that you are different, that you have been changed by the imprints.

They will know that you have been pressed in the bush, between the leaves of the nights and the days.

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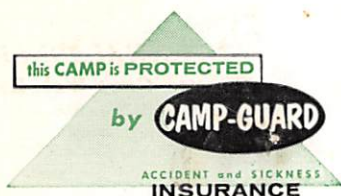
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